

can make themselves comfortable for molasses, though the art of removing the gas and foreign matter is not sufficiently understood to secure so perfect an article as is desired. Let the brethren bring all the white sugar beet seed they possibly can for years to come." Then follows an appeal for the manufacture of sugar in the valley, and in the last paragraph "Several swarms of bees, that have been brought from the states, are doing well in the valley, and it is very desirable for the brethren to bring all the bees they can, for it is believed they will flourish here; and so far as honey can be produced, it will supercede the necessity of making sugar, and if there is ever so much sugar, honey is needed as a medicine as well as a luxury."

The Church leaders took steps to purchase machinery for the manufacture of sugar and machinery was bought in France in 1852 and freighted across the plains. A factory was built at Sugar House. The Saints were advised to grow sugar beets.

#### MORMON GRAVY

In pioneer days food was a problem. When an animal was slaughtered, the meat was often portioned out to last for an estimated time. The house wife soon discovered that even from sidemeat (bacon) a good gravy could be made which added greatly to the meal. This became known as "Mormon Gravy." It was made as follows:

3 or 4 tablespoons of fat	2 tablespoons of flour
3 cups of cool liquid	salt and pepper

Remove meat from frying pan leaving ample amount of fat. Add flour, browning slightly if desired. Remove from fire, add liquid stirring rapidly to prevent lumping. When well blended return to heat, bring to a boil and season. Amounts can be varied according to richness desired and amount needed.

#### BRIGHAM TEA

Mountain Rush, from which a tea, commonly known as Brigham Tea, or "Mormon Valley Tea," was widely used by the pioneers, for medicinal purposes. It was steeped like tea, and taken with or without milk and sugar, according to individual taste. Some communities still gather it and use it for its health-giving properties. Dr. Theo Hollie, N. D., a nature Doctor, while in Salt Lake City, a few years ago, made the statement that if Brigham Young were not famous for any other reason, that his bringing into use the Mountain Rush, as a healing and purifying remedy, would entitle him to being called great. In New York, doctors and nature doctors in a combination laboratory analyzed the Mountain Rush, and in its hollow stems found a brown powder, which is organic copper, an excellent germ killer. Today in all health stores, Mountain Rush, combined with German Camomile and Alfalfa, can be purchased under the name of "All Life Tea." Science is finding out just why Mountain Rush from which "Brigham Tea" was made, is so beneficial to man, but Brigham Young knew it to be a life-giving plant. Probably the Indians told him about it. Its Indian name is Show-Wap.—*Laura P. Angell King.*

Over a year ago I received a letter from Mrs. Sarah Simmons Berry, 78 years of age, born in Lehi, telling me about her pioneer mattress. We pass it on to you just as she wrote it. (K. B. C.)

#### GATHERING CAT-TAILS FOR BEDS, ETC.

When October comes and the early frost is in the air, we go gathering Cat-tails. Cat-tails grow in swampy places where they can have their feet in water most of the summer. It is from the heads of the Cat-tail plants we gather the material for beds.

This material is packed tight into the top of the big smooth stalk, or stem, and looks like a rolly polly pincushion, covered with nice brown velvet. This is in size about 3 to 8 inches long and about as large around as a broom handle.

You take your bed ticks and other ticks (heavy factory will do for ticks) with you. When you get to the Cat-tails you are in a hurry to work. Each person must have a 50 lb. flour sack, or something like that, and some strong string with him. You take hold of the top of the sack, then gather it about 1/2 way across the top. Then holding the gathered part, tie it tight with your string and leave the other part of the top open. If you are right-handed tie the string to a belt at your waist having the sack hang at your left hip. If you do not wear a belt tie the string around your waist. Then you are ready to go near the Cat-tail stalk. Take hold of the stem a few inches below the head, bend the stalk or stem, so as to put the whole head of Cat-tail into the open side of your sack. Take hold of the Cat-tail with your left hand and hold tight while you pull the stalk out of the sack, leaving the fluffiness inside. Thus you go on until your sack is full. Then you empty it into your bed-tick, fill your ticks as full as you would want your feather bed to be.

There are a few other things to say that might be helpful. Place the tick in a dry place in the sunshine for a few days. Shake and fluff it up frequently. You will be delighted with it. All lumps will have fluffed out and you will be able to sink deep into warmth and comfort such as real feathers do not have.

Cat-tail beds do not last longer than a year, then they grow soggy and are ready to be thrown away and the ticks are made ready for new fillings. To put them out in the sun a few times during the summer prolongs their softness.

#### SOAP MAKING

The making of soap became quite an art and the housekeeper was indeed proud when she was successful in making a batch of good white soap. For months she saved every scrap of fat not consumed by the family. All rinds from the pork, trimmings from the meat, even the fat scraps from the table were stored away in a large crock or other receptacle to await soap making time. When enough was collected the lye was made ready. For this, ashes from cottonwood, corn cob or maple wood fires were saved for several days. These ashes were stored in a barrel and water added. After repeated stirrings and skimmings the waste ashes settled down to the bottom and the clear lye water was ready. Out in the yard this lye water was heated in a large kettle and the grease added. The lye ate the grease and after slowly cooking for several hours a rich honey-like syrup formed. Now the testing began. With a saucer and spoon a sample was tested with plain water; then lye water until her experienced eye found it